



What exactly are **MEN'S SHEDS** ? and what could they mean to you?

Every shed is different but we can talk you through the many ways you can set one up and the many different ways you can keep one going!



A Man's shed has, for generations, been a place for him to escape the stress and strains of life; a safe haven to gain much needed sanity; to be surrounded by his own, useful things; a place to think, to make things, to mend things, to invent and be at one with the world.....and men the world over have done this largely on their own. There is now a new way for men to pursue their interests, develop new ones, belong to a unique group, feel useful, fulfilled and a sense of belonging....The Men's Sheds movement has arrived in Wales.

'Men's Sheds' are social groups or enterprises set up in local communities for the benefit of men. They are self-governed, self-supported and sustainable with a small committee; their own individual constitution, their own income and eventually their own premises. How each individual shed looks and the activities that take place in them depend entirely on the skills and interests of the group. You'd be forgiven for thinking a man's shed is all about making things out of wood. While many are wood-working groups there is also a huge array of other activity on offer. Shedders are artists, collectors, story-tellers, amateur radio enthusiasts, train spotters, model makers.....Anyone is welcome and any interest, skill or project is given equal consideration, especially if it could attract new members or gain valuable income to support the development of the entire group.

The idea originated in Australia 11 years ago and was developed by the health board to tackle growing concerns of social isolation amongst their male population. They identified that high numbers of men had time on their hands (due to retirement, unemployment, illness etc) and these things often manifested themselves in

boredom, men suffering in silence with declining mental health and in the worst cases suicide. While various groups and charities do exist to support men, it has been proven that they are less likely to access and accept support. The Men's Sheds movement is based on the understanding that men are more likely to help themselves and attend something they have set up or have some control over. While they might struggle to talk face to face, men do talk shoulder to shoulder when engaged in some form of activity or shared task.

There are now over 2000 Men's Sheds in Australia and the idea soon spread to Ireland with over 200 sheds established in the last four years.

Now the movement has arrived in Wales. Men's Sheds Cymru, a Big Lottery funded project has been created to help communities across the country to set-up their own Men's Shed. Two Regional Advocates have been appointed and are now busy responding to the huge amount of interest coming from Welsh communities. For up to date information please visit our website at www.mensshedscymru.co.uk

Mark Bond, Regional Advocate for South Wales said: "It really is a very exciting time for the Men's Sheds Movement in Wales. Everyone who hears about what we're doing instantly recognises the need; grasps the potential and invariably knows someone close to them who would relish the chance to join or set up their own shed. What amazes me is the wealth of skills and experience among our older male population... everyone has something unique to offer and sheds are the perfect opportunity to share what you know with peers and future generations."



Welcome to the official home of the **Men's Sheds** movement in Wales.

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Mae sied dyn wedi, ers cenedlaethau, bod yn le iddo ddianc oddi wrth bwysau a straen bywyd; hafan ddiogel i geisio tawelwch meddwl mawr ei angen; i gael ei amgylchynu gan ei bethau defnyddiol ei hun; lle i feddwl; i wneud pethau; i drwsio pethau; i ddyfeisio a bod yn un â'r byd.....ac mae dynion ar draws y byd wedi gwneud hyn i raddau helaeth ar eu pen eu hunain.

Erbyn hyn mae yna ffordd newydd i ddynion i ddi-lyl eu diddordebau, datblygu rhai newydd, perthyn i grŵp unigryw, teimlo'n ddefnyddiol, meddu ar ymdeimlad o berthyn a boddhad....Mae mudiad Men's Sheds wedi cyrraedd Cymru.

Mae 'Men's Sheds' yn grwpiau cymdeithasol neu fentrau wedi eu sefydlu mewn cymunedau lleol er budd dynion. Maent yn hunanlywodraethol, hunangynhaliol a chynaliadwy gyda phwyllgor bach; eu cyfansoddiad unigol eu hunain; eu hincwm eu hunain ac yn y pendraw eu safleoedd eu hunain. Mae sut mae pob sied unigol yn edrych a'r gweithgareddau sy'n digwydd ynddynt yn dibynnu'n llwyr ar sgiliau a diddordebau'r grŵp. Byddech yn cael maddeuant am feddwl fod Men's Shed dim ond yn ymwneud â gwneud pethau allan o bren. Tra bod yna nifer o grwpiau gwaith coed cynigir hefyd ystod eang o weithgareddau eraill. Mae Sheddars yn artistiaid, casglwyr, storïwyr, yn frwdfrydig dros radio amatur, gwylwyr trê, gwneuthurwyr modelau.....Mae croeso i unrhyw un a rhoddir ystyriaeth gyfartal i unrhyw ddiddordeb, sgil neu brosiect – yn enwedig os gallai ddenu aelodau newydd neu ennill incwm gwerthfawr i gefnogi datblygiad y grŵp cyfan.

Cychwynnodd y syniad yn Awstralia 11 mlynedd yn ôl a chafodd ei ddatblygu gan y bwrdd iechyd i fynd i'r afael a phryderon cynyddol o ynysu cymdeithasol ymhlith ei boblogaeth wrywaidd. Adnabuwyd bod gan nifer o ddynion amser ar eu dwylo (oherwydd ymddeoliad, diweithdra, afiechyd a.y.b.) ac yn aml

mi fyddai'r pethau hyn yn amlygu eu hunain mewn diflastod, dynion yn dioddef yn dawel gyda'u hiechyd meddwl yn dirywio ac yn yr achosion gwae-thaf hunanladdiad. Tra bod nifer o grwpiau ac elusennau yn bodoli i gefnogi dynion, mae wedi ei brofi eu bod yn llai tebygol o gael mynediad at a derbyn cefnogaeth. Mae mudiad y Men's Sheds yn seiliedig ar y ddealltwriaeth fod dynion yn fwy tebyg o helpu eu hunain ac i fynychu rhywbeth maent wedi ei sefydlu ac â rhywfaint o reolaeth drosodd. Tra gal-lant ei chael yn anodd siarad wyneb yn wyneb, mae dynion yn siarad ysgwydd wrth ysgwydd wrth ymgymryd â rhyw fath o weithgaredd neu dasg a rennir.

Erbyn hyn mae yna dros 2000 o Men's Sheds yn Awstralia ac yn fuan fe ymledodd y syniad i Iwerddon gyda dros 200 o siediau wedi eu sefydlu yn ystod y pedair blynedd diwethaf.

Bellach mae'r mudiad wedi cyrraedd Cymru a thra yn ei dyddiau cynnar, mae The Association of Men's Sheds Cymru yn cael ei sefydlu i gefnogi'r 14 o sie-diau sy'n bodoli eisoes (Mai 2015), ac i helpu cymunedau ar draws y wlad i sefydlu eu Men's Sheds eu hunain.

Mae dau Hyrwyddwr Rhanbarthol wedi eu penodi ac maent yn brysur ar hyn o bryd yn ymateb i'r diddordeb sylweddol o'r cymunedau Cymreig.

Dywedodd Mark Bond, Hyrwyddwr Rhanbarthol De Cymru: "Mae wir yn amser cyffrous iawn i'r Mudiad Men's Sheds yng Nghymru. Mae pawb sydd yn clywed am yr hyn rydym yn ei wneud yn adnabod yr angen yn syth; yn gweld y potensial ac yn gyson yn adnabod rhywun sy'n agos atynt a fyddai'n mwynhau'r cyfle i ymuno â neu sefydlu sied eu hunain. Beth sy'n fy synnu i yw'r cyfoeth o sgiliau a phrofiad ymhlith ein poblogaeth hŷn wrywaidd....mae gan bawb rhywbeth unigryw i'w gynnig a siediau yw'r cyfle perffaith i rannu'r hyn a wyddoch gyda



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